What is claimed is:

1. An apparatus for wirelessly transmitting and receiving digital video data, comprising:

a means for receiving a time stamp indicating a time of a video transmission;

a means for determining a relative time difference between the time stamp and a previous time stamp;

a means for communicating the relative time difference to a transmitter having as one feature of transmission a time base;

a means for the transmitter to adjust the time base in according to the relative time difference.

2. The apparatus according to claim 1, wherein the transmitter communicates to one or more receivers, the adjusted time base according to the relative time difference.

3. The apparatus according to claim 2, wherein the one or more receivers adjust a time base according to the relative time difference.

4. An apparatus for wirelessly transmitting and receiving digital video data, comprising:

a means for receiving a relative time difference between a time stamp and a previous time stamp;

a means to adjust a time base according to the relative time difference.

5. An apparatus for wirelessly transmitting digital video data, comprising:

a means to adjust a time base according to the relative time difference;

a means for transmitting the adjusted time according to the relative time difference.

6. An apparatus comprising:

a WLAN compliant device for receiving an adjusted time according to a relative time difference.

7. A method of adjusting a time base according to a relative time difference comprising the steps of: determining a relative time difference between a time stamp and a previous time stamp; communicating the relative time difference to a transmitter having a time base as one feature of transmission; transmitting the relative time difference to one or more wireless

station receivers, wherein each of the one or more wireless station receivers adjusts the time base according to the relative time difference.

8. A method of adjusting a time base according to a relative time difference comprising the steps of: determining a relative time difference between a current and a previous AUX SCR to the current and a last value latched in a local VCXO clock; adjusting a clock in the local VCXO to synchronize a data rata in a set top; outputting the adjusted VCXO clock to a MAC Chip; adjusting a beacon packet in accordance with the adjusted VCXO clock; transmitting the adjusted beacon packet to a wireless station; and utilizing the adjusted beacon to adjust the rate of the local VCXO clock.